

This

Wellness Journal

belongs to:



Your Wellness Journey

Six Dimensions of Wellness

According to the National Wellness Institute, there are six dimensions of wellness.

- Physical
- Spiritual
- Emotional
- Intellectual
- Social
- Occupational

Throughout this journal you will be introduced to what each of those dimensions are and how each dimension relates to Mvskoke culture and traditions. By using and seeing each of these dimensions of wellness, you will begin to see how interconnected they are and how they can contribute to healthy living.

Wellness Self-Assessment

Before you start on this wellness journey, you need to see where you are starting from. You will do this by completing a wellness self-assessment. The self-assessment will ask you to rank your behaviors and habits relating to six dimensions of wellness: physical, spiritual, emotional, intellectual, social, and occupational. You can take your self-assessment at _____.

Wellness Text Alerts

Join "Mvskoke Wellness" texts to get tips, reminders, and up to date health information delivered straight to your phone. You can start receiving alerts by texting @mvskwell to 81010

About this Journal

Throughout this journal you will track your daily, weekly, and monthly wellness. There is also space provided for you to:

- Set weekly and monthly goals
- Identify people you can go to for support
- Fill in an inspirational quote to get you through the week

Along your wellness journey you will also be introduced to each dimension of wellness and how it relates to Mvskoke culture. The Mvskoke language has been incorporated into your weekly and monthly tracking. To help you learn the language and how to pronounce each word, there is a Mvskoke alphabet along with a dictionary of the months and days at the end of this journal.

Day:	1	2	3	4	5	
Today's emoji						Fill in the emoji that best represents your day
Minutes of Exercise						Write in how long you exercised and slept each day
Hours of Sleep						
Glasses of Water						Write in how many of each of the daily recommended glasses of water and servings of fruits and vegetables you had
Servings of Fruits						
Servings of Vegetables						

Gratitude Box I am grateful for...

--	--	--	--	--	--

Every day find at least one thing you are grateful for and fill it in here

Tips to Help You Set Goals

Develop an Action Plan

- Which aspect of which dimensions are you willing to work on?
- What are/would be the benefits of working on this behavior? (e.g. better time management skills, improve quality of your relationships)
- What could get in the way of achieving your goal? (e.g., struggling to find time, difficulty feeling motivated)
- How will you overcome those obstacles? (e.g., work on time management, partner with a friend to keep you motivated)
- How can you reward yourself for achieving your desired goal? (e.g., host a get-together, treat yourself to a new outfit)
- What can help you achieve your goal? (e.g., support of family or friends, seeing results)
- Who can help you achieve your goal? (e.g. workout buddy, crisis text line, trusted adult)
- On what date will you start? (e.g., next Monday, after midterms)

Make SMART goals

- **Specific** – develop the details of your goal (what, where, when, why)
- **Measurable** – define a quantity (frequency, amount, etc.) that you can measure
- **Attainable** – do you have the means and attitude to accomplish this goal?
- **Realistic** – consider the goal and your time-frame. Is this doable?
- **Time-bounded** – by what deadline or time-frame do you wish to accomplish this goal?

Some Health Tips to Get You Started

- Get at least 60 minutes of exercise 4 days a week
- Drink at least 8 glasses of water a day
- Eat 10 servings of fruits and vegetables a day
- Get 8-10 hours of sleep a night
- Stop using all devices one hour before you go to sleep
- Limit your caffeine intake to less than 100 mg per day

Find more information on adolescent health at <https://teenshealth.org/en/teens/>

Sometimes it isn't always about *how many* goals you have, rather it's the *quality and content* of the goals you have.

First Month

Fill in your wellness assessment results for each area of wellness:

Physical: _____ Spiritual: _____ Emotional: _____

Intellectual: _____ Social: _____ Occupational: _____

I feel _____ this month. Next month, I

will _____

this feeling by _____

_____.

EXAMPLE: I feel happy/sad/energetic this month. Next month, I will continue/work on/increase this feeling by seeing my friends more often/exercising every day.

Goals for next month:

Goal: _____

Goal: _____

Goal: _____

4 People I can go to for support

1: _____

2: _____

3: _____

4: _____

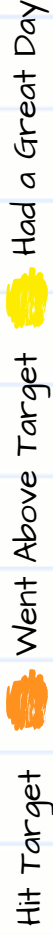
Don't forget to keep yourself motivated by adding a quote at the beginning of every week.

We've filled in the first one but the rest are up to you!

Emoji guide



Highlight achievements



Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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Weekly Emoji				
Minutes of Exercise				
# of Completed Goals				
Weekly Wellness				

My Support People

Large empty box for writing.

Goals Try setting 3 goals a week, fill in the circle when completed!

○ Specific

○ Measurable

○ Attainable

○ Realistic

○ Time-bounded

Quote of the Month

Do not go where the path may lead, go instead where there is no path and leave a trail. - Ralph Waldo Emerson

Month Summary

Total minutes of exercise _____

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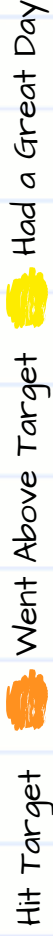
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4: _____

Emoji guide



Highlight achievements



Hit Target Went Above Target Had a Great Day

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My Support People

[Large empty box for Gratitude Box]

[Large empty box for Goals with 10 circles for tracking]

Quote of the Month

PHYSICAL WELLNESS

The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits. As you travel the wellness path, you'll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions (including medical self-care and appropriate use of a medical system) so you may travel your path successfully. The physical dimension of wellness entails personal responsibility and care for minor illnesses and also knowing when professional medical attention is needed.

How You Will Know

By traveling the wellness path, you'll be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

MVSKOKE PHYSICAL WELLNESS

Before the removal, the stickball game was the traditional game for all of the tribes in the southeastern United States. Although, the game was played by all, the Muscogee people continue to play the game every fall as the last event before closing out the ceremonial dances. It was once called “Little Brother of War” by the Choctaws because the game was played to end a feud between the tribes.

It was a game with no rules; the player being a good ‘sport’ even when he was beaten. The game consisted of male players who only used sticks (dō-gōn-hee) made from hickory wood. Participants of the game were not allowed to use their hands to pick up the ball. A player had to be a swift runner and have the ability to move with such quickness to avoid being hit by his opponent.

The stick was carved out and curved on the end to form a netted scoop in which to catch the ball. The scoop was drilled with small holes. A thin string of leather was strung through the holes to form a net. Ball sticks were made only by the men to play in a social game with the women or the dee-guh-bau-kee (stick ball game with the men). These sticks were the men’s personal possession and only the men were allowed to touch them.

The ball was made by an elder man or the medicine man of the town using animal hair rolled up tightly and wrapped in deerskin and sewn onto the ball. A short string of leather was left hanging which was the “huh-chee’, tail. The average size of the ball was smaller than a tennis ball which made it very difficult to see when it landed on the ground.

The game was scored by points. A score counted one point. Points were kept account by sticking pegs in the ground: the first team to reach a certain number of scored points was declared the winner.

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Goals for next month:

Goal: _____

Goal: _____

Goal: _____

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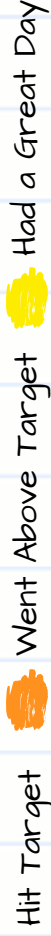
3: _____

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Emoji guide



Highlight achievements



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# of Completed Goals				
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My Support People

[Large empty box for Gratitude Box]

Specific
Measurable
Attainable
Realistic
Time-bounded

Quote of the Month

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4: _____

Emoji guide



Highlight achievements
 Went Above Target 🍌 Hit Target 🍌 Had a Great Day 🍌

Month: _____

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Weekly Wellness				

My Support People

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Goals Try setting 3 goals a week, fill in the circle when completed!

<input type="checkbox"/>	Specific
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Quote of the Month

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SPIRITUAL WELLNESS

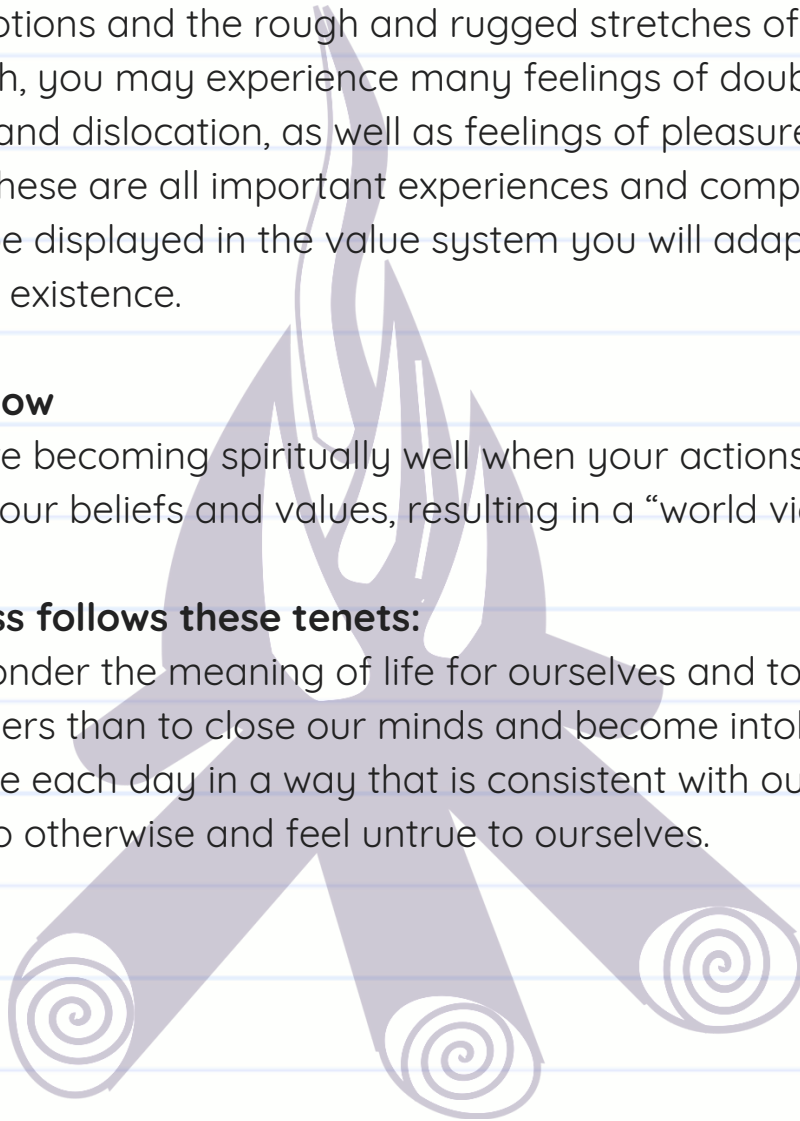
The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your search will be characterized by a peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path. While traveling the path, you may experience many feelings of doubt, despair, fear, disappointment and dislocation, as well as feelings of pleasure, joy, happiness and discovery. These are all important experiences and components to your search and will be displayed in the value system you will adapt to bring meaning to your existence.

How You Will Know

You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a "world view."

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.



MVSKOKE SPIRITUAL WELLNESS

The term "Stomp Dance" is an English term which refers to the 'shuffle and stomp' movements of the dance. While the men sing, the women set the rhythm by shaking turtle shells worn on their legs. The shakers are made of turtle shells or small milk cans. Shakers develop their own style of shaking in speed and rhythm which coincides with the leader or singer. Young girls are taught to shake turtle shells or milk cans at an early age by the older women in their clan.

Green Corn Ceremony: The name of the ceremony refers to its connection with the annual harvest of the New (Green) Corn. The harvest usually occurs during July or August and no new corn is eaten before this time.

The ceremony is also referred to as the Posketv (bo-ski-duh) or "Busk" which means "to fast" which takes place mostly in the month of July. Fasting occurs in two ways; first as the people abstain from eating new corn until the harvest celebrations marked by the Green Corn and second as the participants abstain from all food and consume only a traditional herbal drink on the day of the fast. The drink is a powerful emetic that serves to cleanse the body both physically and spiritually. The men are mainly the participants of the drink but women are allowed only to wash with it. According to traditionalists, the purpose of this medicine is to purify the people, so that they will be in an acceptable mental and physical state to receive the blessing of the New Year. Each ground will have at least four dances throughout the season, one of them being the Green Corn ceremony.

Traditional ceremonies have been a part of the Muscogee (Creek) culture for centuries. Christian values have been a part of the culture for decades. Both ways of life are a testimony to the endurance and adaptability of the people of the Muscogee (Creek) Nation.

MVSKOKE SPIRITUAL WELLNESS

Traditional churches have ties that link back to the creation story. The direction east is considered sacred in the Christian setting. Hesaketvmese (he-saw-key-duh-me-see) came or blew from the east in the Muscogee (Creek) creation. Traditional churches face the east, meaning that the entrance of the church faces the east. Hesaketvmese means the master of breath and is the name for God; he is the one being prayed to by the Muscogee (Creek) Christians. A deacon of the church will blow a horn four times “calling the spirit into the church” and signaling the beginning of the time of worship. This is similar to respecting the four elements of the creation story and calling upon them for help in the time of darkness. All night services and sunrise services are not uncommon for the dedicated Muscogee (Creek) Christians. Hymns are predominately sung in the Muscogee (Creek) language, but occasionally English hymns are sung during the service.

The leaders in the churches hold responsibilities similar to the leaders at the ceremonial grounds. The Pastor of the church is equal in position to the Mekko, or chief, of the ceremonial ground. The Deacon has many of the same responsibilities and duties as the stickmen. Women leaders are found in the churches just as they are at the ceremonial grounds. The Pastor and the Mekko both direct the people in their respected communities in matters of prayers and rededication of their lives to the Creator and to the people of the communities. The Deacons and the Stickmen uphold the order of the communities and also both positions choose song leaders during their respected ceremonies. The women leaders in both communities contribute to the well-being of the people in the community when they feel it is necessary or when called upon.

Traditional church members and ceremonial grounds members also have similar views about their worship. Members of both believe in one God or Creator and that it is God or the Creator that gives the blessing of life. Without God or the Creator, there would be nothing.

Month Summary

Total minutes of exercise _____

On a scale of 1-5 with 5 being the best, rank each area of wellness:

Physical: _____ Spiritual: _____ Emotional: _____

Intellectual: _____ Social: _____ Occupational: _____

I felt _____ this month. Next month, I will
_____ this
feeling by _____

Goals for next month:

Goal: _____

Goal: _____

Goal: _____

4 People I can go to for support

1: _____

2: _____

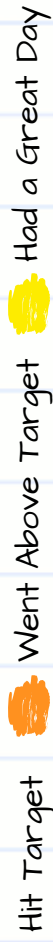
3: _____

4: _____

Emoji guide



Highlight achievements



Month: _____

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Week: 1 2 3 4

Week:	1	2	3	4
Weekly Emoji				
Minutes of Exercise				
# of Completed Goals				
Weekly Wellness				

My Support People

Gratitude Box I am grateful for...

Goals Try setting 3 goals a week, fill in the circle when completed!

○	○	○	○	○	○	○	○	○	○	○	○
Specific Measurable Attainable Realistic Time-bounded											

Quote of the Month

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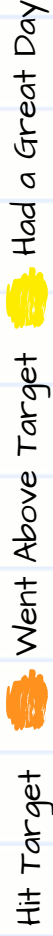
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Emoji guide



Highlight achievements



Hit Target Went Above Target Had a Great Day

Month: _____

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<input type="checkbox"/> Specific <input type="checkbox"/> Measurable <input type="checkbox"/> Attainable <input type="checkbox"/> Realistic <input type="checkbox"/> Time-bounded
--

My Support People

Quote of the Month

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EMOTIONAL WELLNESS

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The well person maintains satisfying relationships with others. Awareness of, and accepting a wide range of feelings in yourself and others is essential to wellness.

How You Will Know

You'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. You'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based upon a foundation of mutual commitment, trust, and respect. You'll take on challenges, take risks, and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

MUSKOGEE EMOTIONAL WELLNESS

The Muscogee people lived their lives by maintaining peace and balance, with oneself, community, nature, and Hesaketvmese (he-saw-key-duh-me-see). If a person felt sick, either physically or mentally, they would seek out help from the heleshayv (hill-es-s-hi-yv), medicine maker. The heleshayv would provide them with guidance and a physical remedy; this remedy would typically include either a concoction of herbal medicines or scratches on their arm to let out the “bad blood”. This helped them to heal and bring back peace and balance to themselves.

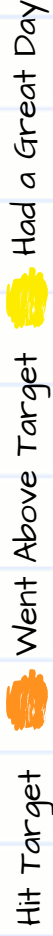
Just as in the old days, Muscogee people still seek out the guidance and help of others when they aren't feeling well. Help can be sought from the Muscogee (Creek) Nation (MCN) Department of Health and Behavioral Health. The Department of Health began assisting patients in 1977 in Okemah, since that time they have expanded to six clinics, two hospitals and a rehabilitation center throughout the MCN jurisdiction. The Department of Health's mission is to improve the health of their communities by uniting healthcare resources. They have a vision of “Healthy Generations of Native People”.

The MCN Behavioral Health embraces a holistic treatment approach that includes body, mind, and spirit, just as Muscogee have always done. This approach helps to facilitate self-empowerment, prevention, education, and intervention. Respect for culture and involvement in Muscogee communities is an essential part of their program. Behavioral Health provides mental health and substance abuse services for children, adolescents, adults and elders with a CDIB card.

Emoji guide



Highlight achievements



Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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My Support People

[Large empty box for Gratitude Box]

Goals Try setting 3 goals a week, fill in the circle when completed!

- Specific
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Quote of the Month

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4 People I can go to for support

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Emoji guide



Highlight achievements



Hit Target

Went Above Target



Had a Great Day

Month: _____

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Quote of the Month

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INTELLECTUAL WELLNESS

The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Using intellectual and cultural activities in the classroom and beyond the classroom combined with the human resources and learning resources available within the university community and the larger community, a well person cherishes intellectual growth and stimulation.

How You Will Know

You'll explore issues related to problem solving, creativity, and learning. You'll spend more time pursuing personal interests and reading books, magazines, and newspapers, while keeping abreast of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

MVSKOKE INTELLECTUAL WELLNESS

Muscogee people have always recognized the need to grow intellectually. From very young ages, children were given tasks and duties every day. They were taught how to do these things by those older than them, which could include parents, aunts, uncles, or other village members. The tradition of teaching has carried on throughout the years by way of shadowing, storytelling, and most recently, traditional educational institutions.*

The Muscogee (Creek) Nation established the College of the Muscogee Nation (CMN) in 2004. The college was created to serve Muscogee people and citizens of other nations; the purpose was to share the rich history, culture, and language of the Muscogee people. As well, the CMN, is accredited to offer four associate-level degrees and two certificates. The associate offerings are in: Tribal Services, Native American Studies, Gaming, and Police Science. The certificate offerings are in: Mvskoke Language and Gaming.

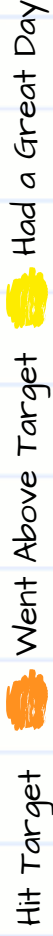
Aside from offering an institution for higher learning, the Muscogee (Creek) Nation offers financial assistance in the form of grants and incentives for citizens that wish to attend another college, university, or technical school. This is done through the offices of Higher Education and Employment and Training.

*Hudson, Charles M. The Southeastern Indians. University of Tennessee Press

Emoji guide



Highlight achievements



Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Today's emoji																															
Minutes of Exercise																															
Hours of Sleep																															
Glasses of Water																															
Servings of Fruits																															
Servings of Vegetables																															

Week: 1 2 3 4 **Gratitude Box** I am grateful for... **Goals** Try setting 3 goals a week, fill in the circle when completed!

Weekly Emoji				
Minutes of Exercise				
# of Completed Goals				
Weekly Wellness				

My Support People

[Large empty box for Gratitude Box]

Specific
Measurable
Attainable
Realistic
Time-bounded

Quote of the Month

Month Summary

Total minutes of exercise _____

On a scale of 1-5 with 5 being the best, rank each area of wellness:

Physical: _____ Spiritual: _____ Emotional: _____

Intellectual: _____ Social: _____ Occupational: _____

I felt _____ this month. Next month, I will
_____ this
feeling by _____

Goals for next month:

Goal: _____

Goal: _____

Goal: _____

4 People I can go to for support

1: _____

2: _____

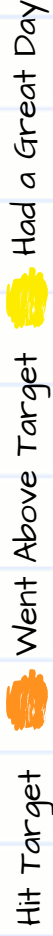
3: _____

4: _____

Emoji guide



Highlight achievements



Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Week: 1 2 3 4 **Gratitude Box** I am grateful for...

Weekly Emoji				
Minutes of Exercise				
# of Completed Goals				
Weekly Wellness				

My Support People

Large empty box for writing.

Goals Try setting 3 goals a week, fill in the circle when completed!

<input type="checkbox"/>	Specific
<input type="checkbox"/>	Measurable
<input type="checkbox"/>	Attainable
<input type="checkbox"/>	Realistic
<input type="checkbox"/>	Time-bounded

Quote of the Month

Large empty box for writing a quote.

Month Summary

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SOCIAL WELLNESS

The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature. As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on multiple environments. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you.

How You Will Know

You'll actively seek ways to preserve the beauty and balance of nature along the pathway as you discover the power to make willful choices to enhance personal relationships and important friendships, and build a better living space and community.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

MVSKOKE SOCIAL WELLNESS

Since the beginning of Muscogee history, it was evident that they were a social people. Their towns were built so that much interaction and socializing could go on. There were even dances that took place during rituals that were just meant for fun, although to untie ritual and dance would be almost impossible to the Muscogee people because both were believed to contribute to the health and happiness of man.

They were also a communal people, meaning everything they grew or traded didn't just belong to the individual but was available to the entire village. Donations were made to the chiefdom in the form of labor or goods to enable it to function. Even property was not considered to be wholly owned by an individual, if a family or neighbor did not have food or a place to stay, they were welcome onto one's property. It was almost a principle to Muscogee people that to be a good person was to be a generous person. When travelling for trade or food, a Muskogean may stop at another town, this person would immediately be offered food, tobacco, and shelter either with his own clan or another family in the village.

In modern times, Muscogee people are still very social. Upon entering someone's home, ceremonial grounds, or church individuals are offered food and drink and invited to be a part of fellowship with family and friends.

Emoji guide



Highlight achievements



Hit Target



Went Above Target



Had a Great Day

Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Week: 1 2 3 4 **Gratitude Box** I am grateful for...

Weekly Emoji				
Minutes of Exercise				
# of Completed Goals				
Weekly Wellness				

My Support People

Goals Try setting 3 goals a week, fill in the circle when completed!

<input type="checkbox"/>	Specific
<input type="checkbox"/>	Measurable
<input type="checkbox"/>	Attainable
<input type="checkbox"/>	Realistic
<input type="checkbox"/>	Time-bounded

Quote of the Month

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Goals for next month:

Goal: _____

Goal: _____

Goal: _____

4 People I can go to for support

1: _____

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3: _____

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Emoji guide



Highlight achievements



Hit Target



Went Above Target



Had a Great Day

Month: _____

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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OCCUPATIONAL WELLNESS

The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work. Traveling a path toward your occupational wellness, you'll contribute your unique gifts, skills, and talents to work that is both personally meaningful and rewarding.

How You Will Know

You'll convey your values through your involvement in activities that are gratifying for you. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your path's terrain.

Occupational wellness follows these tenets:

- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

MVSKOKE OCCUPATIONAL WELLNESS

Traditionally there were two roles in the Muscogee villages, men and women. According to the season, each role had different duties. The men were the main contributors during the cold seasons, when they hunted, and the women were the main contributors during the warm season, when they cared for the crops. These roles were given almost immediately from birth and were cultivated as each young boy and girl came of age. As young children, both boys and girls would help the women in the village by collecting wild vegetables, berries, fruits, nuts and seeds. As they grew older, the boys and girls roles became more and more separate.

Girls were taught how to assume their roles by helping the older women of the village with general “house” duties. They would tend to the crops, keep the fire going, make pottery and basketry, gather seeds and berries and cook. The boys were taught to become hunters by simply getting out and doing it. They started out with smaller versions of the weapons that the men used, including blow guns and bow and arrows. They would spend much of their day shooting at targets and small animals. The boys also learned the games that the older men would play, chunky and stickball.

Although the roles of the Muscogee villages were assigned at birth, it was still very important to the people that they were happy in what they were doing, this is why there were often times that men became transvestites and the same was true of women, often times there were some that played the men’s role. Maintaining peace and balance was essential to the Muscogee people, allowing for men and women to choose the role that they wanted was one way that they achieved this. This allowed for their people to be happy with their “occupation”.

Mvskoke Alphabet and Word Bank

A - Sounds like "ah" as in father

C - Sounds like "che" as in cheese

E - Can sound like "ee" as in feet or
"eh" as in pen

F - Sounds like "f" as in four

H - Sounds like "h" as in help

I - Sounds like "ay" as in acorn

K - Sounds like "g" as in girl

L - Sounds like "l" as in lake

M - Sounds like "m" as in mountain

N - Sounds like "n" as in nose

O - Sounds like "oh" as in note

P - Sounds like "b" as in boy

R - Sounds like "thle" as in athlete

S - Sounds like "ssh" as in shoe
or "c" as in cent or "z" as in
zebra

T - Sounds like "d" as in dog

U - Sounds like "oo" as in book

V - Sounds like "uh" as in up

W - Sounds like "w" as in water

Y - Sounds like "y" as in yellow

January - Rvfo 'Cuse (Winter's Younger Brother)

February - Hotvle-Hvse (Wind Month)

March - Tasahcuce (Little Spring)

April - Tasahce-Rakko (Big Spring)

May - Ke-Hvse (Mulberry Month)

June - Kvco-Hvse (Blackberry Month)

July - Hvyuce (Little Harvest or Heat)

August - Hvyo-Rakko (Big Harvest or Heat)

September - Otvwoskuce (Little Chestnut)

October - Otvwoskv-Rakko (Big Chestnut)

November - Ehole (Frost)

December - Rvfo-Rakko (Big Winter)

Sunday - Tvcakuce (Sacred Day)

Monday - Mvnte (Adapted from the English word)

Tuesday - Mvnte Enhvyvtke (Morning After Monday)

Wednesday - Ennvrvkvpv (The Middle)

Thursday - Ennvrvkvpv Enhvyvtke (Morning After Middle)

Friday - Flite (Adapted from the English Word)

Saturday - Tvcako Cuse (Brother of Sunday)

Wellness Resources

UNITY Wellness Warrior

<http://unityinc.org/wellness-warriors/>
App available on iTunes and Google Play

Inigenized Movement

<http://www.wellforculture.com/indigenizedfitness/>

Pow-Wow Sweat

<https://www.facebook.com/powwowsweat/>
<https://www.youtube.com/channel/UCaf-2Zwyb-qyZKjtozHeQsQ>

We R Native

<https://www.wernative.org/>

Teens Health

<https://teenshealth.org/en/teens/>

Teens Web MD

<https://teens.webmd.com/>

Brain Pop - Health

<https://www.brainpop.com/health/>

Muscogee (Creek) Nation

Department of Health

<https://www.creekhealth.org>

Behavioral Health

<http://www.creekhealth.org/behavioral-health/>

Cultural Preservation

<http://www.mcn-nsn.gov/historic-culture-preservation/>

Language Department

<http://www.mcn-nsn.gov/services/mvskoke-language-program/>

Diabetes Program

<http://www.creekhealth.org/diabetes-prevention/>

Creek Recreation

<https://www.facebook.com/CreekRecreation/>

Crisis Text Line

Text CREEK to 741-741

This
Wellness Journal

Provided by:



bit.ly/mvskokeyouth
918-544-2557